

# New Jersey Pediatric Mental Health Care Access Program

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# The Nicholson



Hackensack Meridian  
Children's Health at  
K. Hovnanian Children's Hospital



Atlantic Health System  
Behavioral Health



Cooper  
University Health Care

RUTGERS HEALTH



# NJ Pediatric Psychiatry Collaborative (NJPPC)

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## **Purpose of the NJPPC:**

- Funded through the Department of Children and Families, the goal of NJPPC is to address the shortage of child & adolescent psychiatrists and improve the comfort & competence of pediatricians to screen/identify children with mental/behavioral health concerns & refer them for appropriate evaluations and community resources.

By 2017 statewide expansion with 9 Network Hubs

- 8 regional Hubs facilitated by Hackensack Meridian Health
- 1 regional Hub facilitated by Rutgers University Behavioral Health

## **Addressing the Child and Adolescent Psychiatrist(CAP) shortage**

- CAP available to pediatric providers for diagnostic clarification, medication consultation, and a face-to-face evaluation with a patient if needed, with the expansion of Telehealth appointments.

# NJPPC Continued

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- HUB Staff:
  - Licensed social workers and licensed counselors available to facilitate referrals to appropriate services in the community.
  - Child and Adolescent Psychiatrists available for a one time initial assessment at no cost to the family.
- Referrals To:
  - Outpatient Counseling
  - IOP/PHP
  - Long Term Psychiatry
  - HUB CAP bridges care with PCP

# New Jersey Pediatric Psychiatry Collaborative Regional Hubs



- ★ Atlantic Health Hub @ Newton Medical Center
- ★ Atlantic Health Hub @ Goryeb Children's Hospital
- ★ Hackensack Meridian Hub @ Hackensack University Medical Center
- ★ Hackensack Meridian Hub @ Palisades Medical Center
- ★ Hackensack Meridian Hub @ Middlesex and Mercer
- ★ Hackensack Meridian Hub @ Jersey Shore University Medical Center
- ★ Cooper Hub @ Cooper University Medical Center
- ★ Cooper Hub @ Pennsville
- ★ Essex County served by Rutgers University Behavioral Health Care.  
*More information on the Essex Hub can be found here: <https://ubhc.rutgers.edu/clinical/community/collaborative-behavioral-health-care-project-essex-hub/collaborative-behavioral-health-care-project-essex-hub/collaborative-behavioral-health-care-project-essex-hub.xml>*



# Pediatric Mental Health Care Access Program (PMHCAP)

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2018: New Jersey Department of Health (DOH) was awarded a 5-year grant from Health Resources and Services Administration (HRSA) known as the: *Pediatric Mental Health Care Access Program (PMHCAP)*

## Telehealth Enhancement

### Purpose of the Grant:

- Promote behavioral health integration in pediatric primary care by supporting the development of new - or the **improvement of - existing statewide or regional pediatric mental health care telehealth access programs.**
- For purposes of this funding opportunity, telehealth is defined as the use of electronic information and telecommunication technologies to **support and promote** long-distance clinical health care, clinical consultation, patient and professional health-related education, public health and health administration.

# NJ-PMHCAP Successes:

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*Enhance and supplement* the HUB capabilities by including telehealth services:

- Increasing availability and access to NJPPC services via telehealth.
- Strengthening the working relationship between CAP and pediatric providers through telehealth for continued support and education.

# Telehealth Implementation

## 2019: Kit Allocation

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- Telehealth Kits made available to enrolled providers. Providers trained and set up with telehealth equipment for successful use during appointments.
- Practices began to implement use of telehealth platforms for practice-based appointments between patient and CAP.

## COVID-19 Impact

- Immediate change from practice-based telehealth appointments to home based appointments. This allowed for continued care for patients as well as providers during the COVID-19 pandemic.
- Home Based Evaluations: patients were seen in their home by a CAP via HIPAA compliant telehealth-based platform.
- HUBS transitioned to electronic documents to ensure smooth access to consultations.

# Outreach & Improvement

## Provider Interest

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- Promotion of use of Telehealth through website
- Telehealth Interest Survey for Providers- determining comfort & capability

## Provider Capability

- On-going trainings provided through the use of telehealth.
- Increased use of telehealth for providers
  - Curbside Consultations-allow for informal consultation via telehealth with HUB CAP for educational purposes.
  - CAP huddles with groups of providers via telehealth

## Program Sub Committees Re-Focus

- Marketing and Branding
- Policy and Procedures
- Data and Evaluation
- Sustainability

# HRSA Program Telehealth Results

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- All HUBS statewide have been successful in implementing the use of telehealth.
- The three most common telehealth consult symptoms were anxiety (53.1%), depression (36.5%), and attention issues (24.0%). \*Data comes from NJDCF with 8 of the 9 HUBS that reported during the reporting period\*
- Both pediatricians and Hub CAPs gave consistent, high ratings on a variety of positive outcomes for patients, including improved access to care, improved appropriateness of referrals, and improved timeliness of patient access to mental health (MH) care.

Website-[www.nj-ppc.org](http://www.nj-ppc.org)

# Instructional Videos



## Patient/Family Videos:

English:<https://vimeo.com/499384626>

Spanish:<https://vimeo.com/514302547>



### The New Jersey Pediatric Mental Health Care Access (NJPMHCA) Program

The NJPMHCA program promotes behavioral health integration into pediatric primary care using telehealth. We leverage statewide or regional networks of pediatric mental health trainees provide teleconsultations, training, technical assistance, and care coordination for pediatric primary care providers to diagnose, treat and refer children with behavioral health conditions. The overarching goal of the program is to use telehealth modalities to provide timely detection, assessment, treatment, and referral of children and adolescents with behavioral health conditions, using evidence based practices and methods such as web-based education and training sessions.

The NJPMHCA program enhances and supplements the NJ Collaborative Mental Health Care Program known as the "Hub Program". The Hub Program is an integrated pediatric, mental behavioral health delivery system. Participating pediatric divisions conduct universal mental behavioral and substance use screening to assess their pediatric patients' risk and determine if they require a referral to their regional hub for further evaluation, which could include a free pediatric psychiatric consultation delivered by use of the Child and Adolescent Psychiatry (CAPS).

## Provider Video:

<https://vimeo.com/513070671>



# Questions?

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